windows Doors &c

House - Climate &c,

old Roman rule of Animals lives.

sudden changes hurtful. — clev situations
near the sea
best. Air vitiated by agitation of sea. Air most
pure at sea - next near it - next interior &
next marshy Countries - appetite varied within.

Dr Lyne died at 85 the whole pox in Ireland - lived with
open windows & Doors; - Cold was equal he
said he house healthy where a Dog could not get
under Door, and a bird at window". — p: 123

Less mortality at sea than in healthy Country
Cook.

Fright air less unwholesome in cities than Countries
less Carbonic Acid inhaled. — p: 137

Potti When wet - add salt to water instead of spts
— Sailors dont get cold when wet with salt water.

Chimney in Cellar. windows & shutters closed.
Rats sent to force Cleanliness - were a
pain to them - for this purpose.
Burning Sulphur - out of Lamp - filth from
yards - Dunghills - Dirt pies

lungs – rats &c precludin the ~~[illegible]~~ of Cleanliness
as lie on persons – they are the lie of our
houses – no halfway. Dispersants run
or open – prove unhealthy
farms & houses.

I warmth completely warm
1 Two room after plast.
2 Humanity water in
Cellar
3 Green wood
4 Old age of the wood

After plastered – finished –

2 Stoves – listing, pickledown, dressing, dresses
1 fire place – beds – baths
II Coolness.
1 Trees – portico –
2 near chimney –
3 Closing windows &c in daytime.
4 Quantity floors – ~~[illegible]~~ story –
5 near ground.

Cleanliness

1 Sinks.
2 Kitchen Offals & yard Offals – bugs.
3 Bed Closetts
4 Dirty kissers
5 fart of Dr Swift – Cleanliness Inventions bugs
rats – are lie on persons &c
as ~~to~~ danger to ~~health~~ gas arise from ye smoke
of Chimneys & to health from opening windows –
Chimneys – as danger to life from fires –
how prevented – from them.

Some Dency bread – some butter – some
coffee – Quantity – Thought – all
under Quantity.

Air I have treated of Cold & heat –

Cold – heat exhalations – Churches – Gun
Chapels – Funerals; Old Lepers fire
Action in it – mustard Catapplasm 6 to one – butter & nutting
or water bottle. partial Cold Bath – Jos: Thomis
omitted – only when warm –

Some Water pulmonates
Digestion too much
Fries as in Russia no Chimneys.

Dress. Woolen – Cotton – Linen – Silk –
Rumford's tables – wool best – old Quakers – Jamaica
1 Loose. Roman garments. practice – a great
improvement Cherry Valleys. Lin: changed often
worst. Cotton intermediate – wet to be avoided –
~~Chin~~ 2 Change with the weather not season only.
Chinese practice. 3 Feet how protected. Head Do – ~~in~~
in Summer & winter – Straw & paste board hats cov^d. –
high crown hats. Two shirts. &c Warmth – best
Child^n. Old men – women – reputed^d. saying.

~~Beds~~ – mattrass & feather bed – down covering –
Night Cap – Old men blankets. –
women – Child Labourers – Bad rivers
men – Wet weather last Crane's machine

Mind

bad chuat.n: Gram.n: sitting &c

	Aliments Drinks.
The dues not ~~eating~~ not of eating who does not ord.y ~~quantity~~ habits of food, pleasure of a feast every day.	know all the ~~delicacies~~ pleasures nor others from his ~~the~~ & he does not know the who fares sumptuously

Our Saviour's charge &c

were then destroyed by simple coat before Eng.d from Gentility than regards in France.

Unfermented Beer - Boerhaave's fasts - Trenchard's roll -

Wet flannels & sheets

Sugar prevents worms

Perimus licitis - under quantity of food.

Some forbid bread - Coffee Butter &c &c - but quantity to be forbidden.

Diet – food. &c Drinks

Highlanders at Rannach before 1745 were so poor as to bled ye Cows for ye blood.
p: 125 –

Goats milk best substitute for women's.

Give Childn: plenty of milk – sleep & flannel to make them healthy. In Winter

Liquids ~~food~~ as nutd as solids – thirst intended for ye:

and saliva & gastric juice. Tobacco &c –

good water known by 1. no Spot on Copper. 2 healthy animals were them. 3 boil veg: soon. 4 are light. 5 dissolve soap. 6 no smell. 7 soon receives tastes smells &c & freeze w difficulty 9 – soon hot & cold.

10 verdure on its banks. 11 Water Cresses & water marigolds on D°

12 plenty of good fish.

Pure water holds in solution $\frac{1}{28}$ of itsvol: Air & a Cubic inch of Carb: Gas in 100 ~~Cubic~~ parts.

much wrong on this subject – hard waters not unwholsome – most people live on ye – perhaps like Air but compounded. contain Carb: earths w wrinish.

[illegible]

[illegible]

[illegible]

May

409.	98
50	
15	34
4	25
76	
519	57

Mch

June

Rain water best in winter & Spring - no matter in Air.. Sewer water not good from want of Air - fish cant live in it.. Deep water pure from wells - a parish sickly from bad water, made healthy by it Linel^2 p. 248 vol. 1

Worms - Insects & animalculæ in marsh water proved by Boerhaave. -

Meat preserved in charcoal.

Milk - sugar prevents its curdling.

Costorphine Cream thus made. Put milk in a vessel & thrust it in warm water till it ferments. Then separate the serum thro a hole in the vessel. Put the rest into a Churn & Churn it till it becomes sour. is eaten wth sugar.

Butter milk - best when made of milk wth Cheese parts in it. Irish is thus made. milk preferred by all nations in a state of acidity. Diluted milk better than skimmed.

Burgoo - thick gruel eaten wth molasses.

Toast & water made with boiling water &

toasted bread - excellent in fishing & at meals.

An egg (white & yolk) beaten is a substitute for Cream.

Coffee shd. be kept at a dist. from all other subs.d — —

Chocolate made w.th flour - or sugar - or eggs or milk. —

Barley broth. Barley a teacupful - water gallon boil half an hour - then add ~~Beef~~ Plain Beef Dry or a neck of mutton, some Carrots or turnips cut small - Qt. of green peas - some onions: boil gently 2 hours longer.

Salt water mixed w.th Wine by the ancients - disd by a friend in Pliny's time.

Wine & water strongest intoxicates. Sipping porter &c

Cup - Sherry or Madeira - Qt. Cyder 4 D.o
or one bottle
Jury one D.o Brandy one Gill. Two lemons pare them & ~~cut~~ cut them & squeeze them. Then add grated nutmeg and ginger to make them palatable. Then throw a burnt biscuit into it - drink them.

Beer not apt to induce stone - Cyprian on eminent stone Cutter found no such patients Burners Servants not subject to it.

Mead & Sweetlin - how made? the 1st honey 1 part to water 6 to 8th Aromatic herbs - the 2nd Honey 1 & Water 2 Do.

Gin & Whisky most Diuretic.

Apple water - Dried apples too

Liquids should be about 2 to One. 2 parts of the former Artificial One part water. more between meals -

Meals, &c; hours of sleep & stool should be regular.

Nature expects them - apt to be destroyed by neglecting them.

Meat digested in liquors in the following ratio 1 Water, 2 malt liquors. 3 White Wines & Claret.

Aid Sweets - under cep fermentable by baking by milk & cream - by sugar & old wine.

Nuts upset lungs - Dr Hoffman says

Gelly - Acid & Sugar - and Acid & gelat: of Calves feet & sugar.

Dyspepsia most common where they abound most.

Roasted meat most nourishing.

Wether mutton 2 or 5 years old best roasted best, - its fat harder of digestion than other fat of other meats. Can best. -

Poultry best a year old - not cooped up which confines y fat to liver - When young about is diff.

Fish best fresh - hot - lap to be eaten than of meat [no] not after other food - require

C. Condiments having little stimulus - Lap Oil the more digestible - as Whiting flounder &c

Butter ~~[illegible]~~ makes it lap digestible - but is called for by instinct - fish & milk never together.

Seafish nearer to flesh than fresh water fish.

Best to boil fish - ~~not~~ boil - then fry them.

C. Butter excellent - resists putrefactive fermentn: useful with fish & vegetables retards digestion, but to make it more perfect.

Eggs - most nourishing & soluble when raw - good lightly done - Yolk easiest of digestion.

C. as lyes - butter

Thyme nourished

Wild Animals Contain ye blood most alkali^t.

All meats good only in ye season - Eg pork not good in summer - best time of using them is when ye natural food is most plenty.

Meat long kept more Digestible, but less nourishing than the reverse -

The same Animals differ in Colour & nourish^t from age - manner of feeding - fat or lean & time & manner of being killed. Young most diff^t of Tot: least Albuminous - Wallers says the foltes feeds pass off the stomach in the fol^g orders - Milk meat Veg^s: - bread in 4 hours - fish in 5 hours meats in 6 or 7 Beef in 8 - are strength Gaining^g but not nourish^g -

Veg useful to fill stomach - Animals created for man 14.760 pidgeons from one pair & 1,274,840 of Rabbits from one p^r in 4 years - both intended for men else. Animals exist when veg^s wont grow. In 8 days a man who lived only on pot=-tages discov^d signs of putrefaction - Sir Ed: Bassy.

Veg: preserved drying in sun or by fire - salting pickling
Butter - sugar - ice & Charcoal. Salt only for
Cabbage - mushrooms & Olives -
Animal food preserved - by Salting - the warmer the
better after Animal is kill^d - Adepts thus preserved
Skin meat - is Excellent. best for lab^rs & in hot
weather - 2 pickling - powder^d or Crossing - by
sugar flour - Oil - Charcoal -
Cooking - raw flesh - prod: great strength - purity &c
is perf^y by roast^g - boil^g. Stewing - broil^g - frying -
boiling - Digesting - Coal fires best for roast^g. is
most nourish^g - meal - Chickens &c better
roast than boiled - less viscid - Beef & mutton best
boiled - best for Child^n.
Bread unleav^d: easiest of digestion. mixed flour
good - wheat & Rye or rye each other - the One
for binding - the latter for opening. a Mariner said
he grew weak when fed bread or leavened bread biscuit most thought
1/3 sweet Vermicelli 1/3 Veg & 1/3 bread - or proper
meal.
Potatoes best; - Half boiled - then roasted - or
first scraped - then boiled in ~~lap~~ a little less water
then crush them - then taken out & well dried
by the fire to evaporate water.

Condiments

Water when alone drunk - requires times
much salt wth meat to prevent putrefac^n^ —

Birds useful wth fish & young animals upon
Visibility — wth also flatulency - hence useful
in salads -

Cayenne the most stim^g^: and Capsicum - stim^g^
most transient. Ginger useful

Mustard, Ginger & Salt used on bread & butter
in Germany. — Quantity

Throw 6 to 8 oz^s^ for labourers, one third
solid & 2/3^d^ liquid oz^s^. Milo eat 20.

Abstinence - once a week by Mr Hales - from
Thursday to Sat^y^. - a great feeder in London - on
egg on Sunday. Dr Franklin lived a weeks on bread 20
& water only. — Dangerous to eat — best after a
full meal. Genl Elliot lived 4 days on Zin of rice
Daily feige of ~~Bibl~~ Bib^y^

Exercise imp^t^: After eating - no eating till stom^h^
has imp^d^ itself. must eat for some after violent
exercise - chew meat well or cut it - fore teeth
fissure D by biting — Lymphatic system takes up

perhaps from smoth when most good.

Gentle fulness best - but the lightest food - never

oppress - the body in ballast - not over loaded

Lean & young persons require most food -

what a man loves, often does him most good.

The mahomidans who live on a little meat

more long lived, than the Gentoos.

Pork the most nutritious meat.

Saltmeat lessens nutritious.

Gelatinate for Cream - white sugar ℥xij dissolved in

a little water - then boiled 2 minutes

Condiments serve to purposes

1 Taste - 2 Salivation 3 Stimulate the Stomach,

& thus increase, ~~and~~ also 4 retard ~~for~~ digestion

Regulate labor - not quit. hurtful to weakly people -
in America only. Exercise - in Lakeman's Gymnastics
for youth.
Voluntary labor. In any persons from School:
=mens Disease. Change of Air most useful in
work shops. -
To preserve health. Tennis - Cricket - Golf - Shinty -
Swimming - Rowing - Angling - Hunt & gardening
Agriculture.
A man leaped over 9 horses in Yorkshire 10 a
man seated on $\frac{a}{y}$ middle horse.
Bowing highly useful to breast.
To restore health. Walking - riding - Gestation -
Sailing - bowling - billiards - Shuttle cock - dumbbells
pensile beds - Cradle - swinging - Loud reading or
Speaking - friction - Elect: & galvanism.
In Riding = bowels shd be supp: wth belt.
Sailing: - constant & thus most useful - pure
agitation of winds.
Air - Liberty - mild Action - requires muscular
Action as in walking -
Speaking - hence women ~~to~~ require less exercise
than men, hence more Cathartic. hence mechanics
who sit at y^r work suffer less from sitting.
hence Schoolmaster & literary men often long lived,
from exercise bags. -

Friction in the hand - Champoning. why not
carry ~~horses~~ men as well as horses. in Gout &c
Fat men made lean, & lean fat by it. Galen.
Oil added - it restrains perspn: - guards agt: cold &
moisture - useful in dropsies - Friction & renders
flannel less necess: - prevented sore throat in his
Shirtlain - useful to Organs of Speech - to gums
~~&~~ Exercise shd be suited to disease. For lumbago -
ringing - & pumping. those parts hurt excep: in rest chs.
be exercised sooner - shd in in open air - &c -
old men die after 60 from being too soon independt:

Presern: of Eyes - ears & teeth.

Climbing ladders & stairs - why? but most
fatiguing - Indian practice of carrying by when
tired why? Exercise for old people - the more active
Baths - Pediluvium Air Bath -
the more nourishing diet.

warm & cold Bath - Washing feet.
Dress - two shifts better than two great
coats D'Boerhaave.

Breakfast - some solid food -
miniature diseases.

Sleep - see Phys: Lectures

- Old Lady without curtains - low bedstead - remote from a wall - window de - cultivate Sleep - says Lord Mans fd - "one time best for it" why?

Opium - Correct. Fact Quiet: to be carried about with debility to be obviated -

Old men - Chocolate or Sweet Wines, Soups - fish - milk - Opium - tea & coffee many above 80 - see p. 457 - of Comp. Place book. Children drink Water only. -

Children - milk - water vegetables - little meat - not much seasoned - eat often - no drink. found for old age now bad. middle life

in one meat - Wine sparingly - most liquors very short - they will speak one Gerontity - to be much attended to - nature in old age.

old age Cordial food Jacob -

Diseases not to allow by it — Diet relative — Liberty — name of

Labourers — hard eggs — Dried &

Smoked meat — Onions — sui generis &c

Pork most nourishing of meats — salted eggs &c:

— fresh. & good show of digestion — gravy — let me feel that

Chinese add rancid Castor Oil to Rice. slow of

digestion: remarkable fact of raisons &c

Labour hard — Exercise Distinct: — thin — labourers who are in the habit of labour.

Tyrants — heat — 2 who are lazy a

when sick — cut — with the 3 a busies.

capital — 4 busies of 4 busies.

Students — for labourers — for God — more

Sons — men — soft eggs — soups — labour — raisons who

Tract of Pools Spinoza: Fort of Bayle — + — heavy — signs of state of

in Jonah

Rusks — Bees — solid food —

+ In all 3 — Show: of Dist. by non

nourishing food

Seasons — Soups — salt meats — salads &c.

acid & aromatic — Cond.s — when drink — Indian

pruriens &c: cut — last. — Cattholics. fish —

Idiosyncrasy — shd be nurture

Lamarck —

Gen Observ.ns

Quantity - Quality - times - no general rules ~~but~~ without excepti - better - no man in perfect health - predisp.n:

Or habits pnic.y to be avoided -

V

On Bathing

The ~~utility~~ advantages of bathing as the means of preserving health have been much abused by its use ~~been~~ for this purpose, being confounded with its use as a means of preparing the body for the hardships of war, or as a remedy for certain diseases.

As a preventive of disease, it acts in two ways by promoting cleanliness, and rendering the body less sensible of heat and cold, by imparting to it the highest grade of tone and health.

~~The weight~~ It has been divided into hot, warm-tepid, - temperate, - and cold.

The tepid bath in which the water is at 96° or the heat of the human body - the temperate in which the water is between and the cold in which it between 56°

32 are the ~~only kinds of~~ temperatures at which water is chiefly used as the means of promoting cleanliness & health.

Notwithstanding the distance of the ~~Tepid~~ ~~Opposite the~~ ~~tepid~~ temperature in its degrees it produces ~~to be~~ ~~=tive~~ of the water ~~may appear~~ nearly the same toxic effects upon the body. Water at 96 is preferable to that below it chiefly for the purpose of cleanliness.

The following rules should be attended to in using the ~~tepid~~ Baths of all this different temperatures.

1 They should never be used after eating a full meal.

2 The Cold Bath should never be used while the body is covered with sweat, more especially if it be accompanied with fatigue. However ~~safe~~ useful Cold Water may be when thrown over a horse ~~whereas~~ ~~=ting~~ it is an unsafe application to

~~the body of a liver and~~ or plunged into by an Indian while their bodies are wetted with sweat, it is an unsafe application in that state of the ~~body to~~ skin to the body of civilized men.

3 The cold shower Bath produces a more powerful effect upon the body than the plunging bath. Throwing a few buckets ~~over the~~ of cold water upon the body placed in a tub, or in half a hogshead, is a good substitute for the shower bath.

4 ~~The tepid Baths~~ Both the cold & tepid Baths may be used in the morning, or at noon, or in the evening, but it will generally be most convenient to use the former in the morning and

the latter in the evening. ~~or~~ In very warm weather ~~they~~ may both be used in the same day. Exercise will be useful after the cold Bath especially if a chilliness succeed it. To prevent this chilliness the temperature of the water should be increased to the temperate, or reduced to the cold degree. ~~or reduced, the latter by comprehending the body more~~ The latter by its greater compression of the body produces sometimes a greater reaction, ~~of and thus~~ than the temperate degrees of cold, and thus obviates chilliness after the use of the bath.

7 ~~Long~~ It will be unsafe to remain longer than from 15 to 30 minutes in the tepid bath. ~~and the~~

¶ Soap should be employed in washing ~~in washing~~ the hands and feet, also ~~the perspiration~~ those parts of the body in which the perspiration is most apt to ~~are~~ accumulate, and become offensive.

¶ The head should be protected by means of a bladder or oiled cloth cap, so that ~~the~~ every part of it may be wetted by the water

Extracts from Cogan.

Emotion - the reaction of passion - ~~no~~ ~~more~~ ~~force~~ ~~Astonishment~~
Terror is fear in excess - Delightful - Wonder - ~~Astonishing~~
Affection - more durable may be both implies
Pleasant - when durable is transfer -
Principle passions - love & hatred D'Watts
Surprise - hidden - Wonder intricacy -
Astonish^t - Wonder - great both stimulate
Curiosity of Child - Ignorance & knowledge - alike
excite to action. - the former fear - curiosity
Like stimulus of Vanity -
Astonishment - increases of the mind.
amazement a compound of Wonder & Astonish^t.
Joy - gladness - cheerful - mirth - content^t.
Satisfaction a higher grade of Contentment.
is permanent satisfaction -
Complacency - ~~higher~~ self - Self-notation includes
excellency - pride - Vanity arrogance invented
complacency - illegitimate offspring of it.
Haughtiness an overt act of pride - is pride
in an emotion - Arrogance claims equality
or ~~the~~ superiority -
Wish - inactive - Desire prompts to action -

V

Thus far for healthy people, but what are

the Predispositions. —

1 Sanguineous — how to live
2 Nervous — how? bed warmed
~~Bilious~~
Lymphatic: Glandular — bed warmed —
Rheumatic: —
Hepatic
Cutaneous — how to live?

~~I have~~ This caution I know will be objected to by persons who are in the practice of sleeping with windows open in cool, and even cold ~~weather~~ ~~in~~ ~~weather~~ weather without injury. But let them remember ye: there is less danger in doing so ~~in the winter than~~ at three times than in the summer months. The greater ~~higher~~ the heat, the more the system suffers by a small diminution of it. ~~Decrease of the g in the thermo~~. This is ~~the~~ ~~so well~~ known by sad experience in the last about India & in Egypt. where more diseases are induced by the night air ~~differ between y towns~~ than in all the rest of Europe. ye in the United States. ~~It is by~~ They have kept bodies from the heat of ye body from the